## KS5 examination Curriculum Implementation Plan

## KS5 – BTEC Level 3 Extended Certificate in Sport

Four units completed over two years. Unit 1 (Anatomy for Sport and exercise) and Unit 2 (Fitness Training and Programming for Health, Sport and Wellbeing) are examination units which the students prepare for from September in the first year to the January in the second year. At this point; students sit the exams for the first time with a retake option in the summer. Units 3 (professional development in the sports industry) and Unit 5 (Fitness Testing) are internally assessed units with Unit 3 completed in year 12 and Unit 5 completed in year 13. External professionals are brought in to support in the delivery and assessment of the students to enhance the workplace elements of the programme.

		Physical Educa	tion: BTEC Level 3 ext	lended Certificate in S	sport	
	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 12	Unit 1: LAA: Skeletal	Unit 1: LAA:	Unit 1: LAB:	Unit 1: LAC: Introduce	Unit 1: LAC:	Unit 1: LAD:
	system content	Complete final	Complete final	Respiratory system	Complete final	Complete final
	delivered through:	aspects of Skeletal	aspects of Muscular	through: Booklet	aspects of Muscular	aspects of
	Booklet format	system including:	system including:	format including:	system including:	Cardiovascular
	including: student led	Knowledge test	Knowledge test	Student led research	Complete multi-topics	system including:
	research and teacher	& LAA Mock exam	& LAAB Mock exam	and teacher input.	test and review	Knowledge test
	input. Students	LAB:		Students create own	SWANS &	& LAABCD Mock
	complete	Introduce Muscular		knowledge organiser	LAABC Mock exam	exam
	presentation on	system through:	Unit 2: C1,2,3		LAD: Introduce	
	functions of skeletal	Booklet format	Components of a	Unit 2: D 1,2:	Respiratory system	Unit 2: E1:
	system and create	including: Student led	balanced diet,	Components of	through: Booklet	Principles of Fitness
	own knowledge	research and teacher	Nutritional Strategies,	Fitness, Training	format including:	Training Design.
	organiser	input. Students create	content delivered	Methods for Physical	Student led research	Practical Experience,
		own knowledge	through PP class	Fitness. Practical	and teacher input.	use of PP class input,
	Unit 2: A1&A2: Positive	organiser	input, scenario-	Experience, use of PP	organiser	scenario-based
	and Negative		based exam	class input, scenario-		exam practice, exam
	Lifestyle Factors	Unit 2: A3, B1, 2, 3:	practice, exam note	based exam practice,	Unit 2: D 3: Training	note construction
	content delivered	Lifestyle Modification,	construction	exam note	Methods for Skill	
	through PP class	Health screening		construction	related Fitness.	<mark>Unit 3: Assignment 2</mark>
	input, scenario-based	content delivered	Unit 3: Assignment 1:		Practical Experience,	resubmission
	exam practice, exam	through PP class input,	<mark>Submitted</mark>	Unit 3: Continue	use of PP class input,	
	note construction.	scenario-based exam		Assignment 2 delivery:	scenario-based exam	Unit 6: Preparation

	Unit 3: Start unit: teacher lead delivery focusing on Assignment 1: Career & Job Opportunities with personal skills audit to inform a development action plan for the Sports Industry	practice, exam note construction Unit 3: Continue with Assignment 1	Career & Job Opportunities with personal skills audit to inform a development action plan for the Sports Industry Begin Assignment 2 delivery: Undertake & reflect on a Recruitment Activity in a selected career pathway.	Undertake & reflect on a Recruitment Activity in a selected career pathway.	practice, exam note construction Unit 3: Assignment 2 Submitted at end of ½ term: Undertake & reflect on a Recruitment Activity in a selected career pathway.	
Year 13	Unit 1: LAE: Energy system content delivered through: Booklet format including: student led research and teacher input. Students complete presentation on 3 energy systems and create own knowledge organiser Complete Full mock exam with focus on LAE Unit 2: E1: Principles of Fitness Training Design. Practical Experience, use of PP class input, scenario-based exam	<ul> <li>Unit 1: Final revision</li> <li>with a focus on exam technique and application of</li> <li>knowledge in relation to rubric and</li> <li>scenario's. Masterclass on working</li> <li>examples of interrelationships Q's provided.</li> <li>Unit 2: Final revision</li> <li>with a focus on the construction of exam notes and exam</li> <li>technique. Use of past papers to aid exam technique.</li> <li>Unit 5: Submission of Assignment 1:</li> </ul>	Unit 1: Examination Unit 2: Examination Unit 5: Submission of Assignment 2: B Explore fitness tests for different components of fitness Start delivery of Assignment 3: Undertake evaluation and feedback of fitness test results.	After <b>Unit 1 &amp; 2 exam</b> results received. Students may continue to receive revision lessons for these topics to support a resit in June <u>Unit 5: Submission of</u> <u>Assignment 3: 3:</u> Undertake evaluation and feedback of fitness test results.	Unit 1 & 2: Examination – resit opportunity	

practice, exam note construction	1: Understanding principles of fitness testing
Unit 5: start delivery of	Start delivery of
Assignment 1:	Assignment 2: B
1: Understanding	Explore fitness tests for
principles of fitness	different components
testing	of fitness